

### **Pre-Congress Workshop: Energy Psychology and the Treatment of Trauma/PTSD**

In this pre-congress experiential workshop, Dr. Fred Gallo covers preparation, theory, research, and EP protocols for efficiently treating various degrees of trauma and PTSD. The goal is for you to return to your practice equipped with ways to assist your clients and patients in overcoming trauma that is at the root of many psychological problems. **Warning:** You may find this workshop too enjoyable and impossible to believe that you learned so much.

### **Half-day workshop during the congress: The Tapping Toolbox: Simple Mind-Body Techniques to Relieve Stress, Anxiety, Depression, Trauma, Pain, and More**

Dr. Fred Gallo's latest book is the reference guide for this half-day experiential workshop that covers several efficient tapping protocols, and also detail theoretical considerations and research findings. You will be able to return to your work equipped with ways to assist your clients and patients in need. **Warning:** You may find this workshop too enjoyable and impossible to believe that you learned so much.

### **Keynote: Accessing Health and the Michelangelo Principle**

In this keynote presentation, Dr. Fred Gallo discusses essential principles that account for our experiential realities, and how to apply these principles to promote generative change. Although techniques can be highly beneficial, they can fall flat without this deeper understanding. The goal of this presentation is to assist you in getting in touch with your own personal power through understanding these principles, and to effectively convey them to others.

### **Biography**

Clinical psychologist Dr. Fred Gallo is an energy psychology pioneer and author of numerous articles, manuals, and nine books. He coined the term energy psychology after studying with and offering training for Dr. Roger Callahan, originator of thought field therapy. He is the author of *Energy Psychology*, *Energy Tapping for Trauma*, *Energy Diagnostic and Treatment Methods*, *The Neurophysics of Human Behavior*, and *The Tapping Toolbox*, among others. He has presented on EP and related methods worldwide, and, he and authorized trainers offer training in his Advanced Energy Psychology. He also maintains a group clinical practice.